

MIAMI SPRINGS SENIOR CENTER APRIL 2019

SERVICES and ACTIVITIES

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

- **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.–12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.
- **NUTRITION EDUCATION:** Counseling and education programs are provided monthly by Michelle Larea, the program's consulting Registered Dietician or the Elderly Services Director.
- **HEALTH SUPPORT ACTIVITIES:** All students must be registered in the senior center's congregate meal program to participate in the following:
- **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00–10:00 a.m.
Classes are held at the Senior Center.
- **WEIGHTS & AEROBIC DANCE CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:30 –11:00 a.m.
Classes are held at the Senior Center.
- **FLOOR YOGA CLASSES – I & II**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 –11:00 a.m.
Classes are held at the Curtiss Mansion.
- **LEG STRETCHING & STRENGTHENING**
Fridays.....9:00 –10:00 a.m.
BALANCE & CORE WORKOUT
Fridays.....10:00 –11:00 a.m.
(Instructor: Natasha Salmon-Cogno)
Class is held at the Senior Center.
- **TAI CHI FOR SENIORS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30pm–1:30 pm
Classes are held at the Aquatic Center.
- **TRANSPORTATION:** Daily pick-ups, utilizing the center's mini-bus, are provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping. Field trips are planned each month.
- **RECREATION:** Art classes will be offered every Friday with Morgan Lorenzo from 12:15-2:15pm @ the Senior Center.
- **Recreational and social activities planned for April include:** Bingo games (4/1, 4/8, 4/15, 4/22, 4/29); monthly birthday and anniversary celebration (4/18); Field trips: to Rebecca Sosa Theatre to see the New World Symphony (4/17), to the movies at Cobb Miami Lakes (4/23), Shopping: Target (4/4), Sabor (4/11), Fresco Y Mas (4/18), Walmart (4/25).

Upcoming Programs:

Clear Caption Telephone will do a presentation on **Wednesday, April 3rd at 12:15pm.** Those experiencing any form of hearing loss may qualify to receive a ClearCaptions phone at no cost. ClearCaptions is a Federal Communications Commission certified telephone captioning provider. Their captioning service is paid for through Title IV of the Americans with Disabilities Act (ADA).

Miami-Dade Public Library System's TECHNOBUS The library's mobile technology innovation lab will visit the senior center on **April 8th from 10:30am–12pm** The bus brings digital services and devices directly to the senior center and provides residents of all ages with instruction and activities on how to use smart phones, laptops, iPads, MacBook Airs, and Microsoft Surface Pro tablets. Those interested in learning more about technology are encouraged to stop by and visit.

Mt. Sinai Medical Center will present "BPH: Which treatment is right for me" with Dr. Jorge F. Pereira on Wednesday, April 10th from 12:15-1:15pm. Dr. Pereira is an Assistant Professor at Columbia University's Division of Urology at Mount Sinai Medical Center in Miami Beach. He is fellowship trained in minimally invasive urologic surgical techniques. A native of Miami, Dr. Pereira completed his pre-medical undergraduate education at the University of Miami. He earned a medical degree and completed his urology residency at the Icahn School of Medicine at Mount Sinai in New York City.

Miami Springs Library Happenings
Assistant Branch Manager, Danielle Zuniga, of the Miami Springs Branch Library, will present information about upcoming library services and events on **April 15th at 12:15 p.m.**

Crime Watch Program
Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will provide valuable information on **April 16th at 12:15 p.m.** at the senior center. **The Officers will inform attendees about current scams targeted at Seniors.**

FREE Blood Pressure Screening
Mercedes Blanco, RN, from the Miami-Dade Health Department, will provide free testing for hypertension and individual counseling at the senior center on **April 15th from 10-11:30am**

Benefits Enrollment Event
A Benefits Enrollment Specialist from the Alliance for Aging will come to the Senior Center on **Friday, April 19th from 11am-1pm** to assist Miami Springs and Virginia Gardens Seniors with applying or re-applying for:
-SNAP (helps pay for food)
-Medicare Savings Program (This program pays for the Medicare premium and doctor co-payments)
-Low Income Subsidy Extra Help for Medicare Part D (this program reduces the cost of prescription drugs)
Screenings will be done through BenefitsCheckup.org to see which benefits you may be eligible for. **To make an appointment, please call 305.805.5160**

Golden Passport Easy Card Applications will be processed for Miami Springs/Virginia Gardens Seniors at the Senior Center on **Wednesday, April 24th from 12:15-2:15pm.** **For an appointment, please call 305.805.5160.** To pick up the application in advance, stop by the Senior Center M-F from 8am-4:45pm.

For more information on any of the services, activities, or special programs offered, or to volunteer your time or talent please contact us @ (305) 805-5160.

happy birthday

Luis P	1
Ed B	2
Rosa S.....	5
Clara W.....	12
William C.....	14
Susan G.....	15
Delia G.....	18
Marlene C.....	28
Francisca V.....	29



Happy Anniversary

Juan & Gladys M.....	7
Ken & Maria W.....	29

Bingo

Monday, 4/1

Monday, 4/8

(Sponsored by Palm Medical)

Monday, 4/15

Monday, 4/22

Monday, 4/29

(Sponsored by Humana)

FIELD TRIPS

Trips are limited to 18 participants.
Sign up at the front desk!

SHOPPING at TARGET

Thursday, 4/4 1pm - 4:30 pm

SHOPPING at SABOR

Thursday, 4/11 1pm -- 4:30 pm

NEW WORLD SYMPHONY

@ Rebecca Sosa Theatre

Wednesday, 4/17 from 1:30pm-3pm

SHOPPING at Fresco Y Mas

Thursday, 4/18 1pm -- 4:30 pm

\$5 MOVIE

at Cobb Grand Miami Lakes
Tuesday, 4/23 1pm

SHOPPING at WALMART

Friday, 4/25 1pm-4:30pm

